

News Release 18.02.14

### Save the Dates

**Liggy Webb's amazing resilience masterclasses are back by popular demand!**  
**Adult Learners' Week 13-19 June 2015**  
**Be Inspired Take Part Get Involved**

Health Education North West, North West Employers and Voluntary Sector North West are jointly celebrating and promoting Adult Learners' Week, the annual, national learning campaign because we believe learning is good for people, organisations and the region. So we will be pulling together a diverse programme of activities to both focus attention on the value of adult learning and to provide ample opportunity for anyone to give learning a go.

We are therefore especially pleased to start this year's proceedings with an announcement of a very special collaboration with best-selling, international author Liggy Webb and the Manchester Partnership (Manchester City Galleries, Manchester Museum and Whitworth Art Gallery). Liggy will be joining us on Friday 19 June to deliver, not one but two, FREE resilience masterclasses at the newly refurbished, amazing Whitworth Art Gallery, overlooking the park.

Liggy Webb specialises in human resilience. She works with a range of organisations including the United Nations, the World Trade Organization and various public and private sector organisations in the UK. Liggy is also the founding director of The Learning Architect, an international consortium of behavioural skills specialists. She is recognised as a thought leader on resilience and is regularly asked to be a keynote speaker across industry

Liggy's latest book *Resilience - How to cope when everything around you keeps changing-* is a practical and accessible guide for coping with change and offers advice on how to cultivate the right attitude and inner strength. This book will provide the basis for both workshops on 19 June. You can expect a highly participative, inspiring and thought provoking experience which will leave you motivated to do more .In just two hours Liggy Webb will help workshop participants to develop personal resilience strategies so that you can build your own toolkit of resources for coping with challenging and changing times.

Key content includes how to:

- Be more resilient and confident
- Cope better with challenges and change
- Think more positively and optimistically
- Manage your emotions and stress levels
- Take personal responsibility and succeed.

If you would like more information on the learning festival or you want to get involved please email [nwadultlearningconsortium@gmail.com](mailto:nwadultlearningconsortium@gmail.com) . Bookings for the two workshops will go live on 19 February through Eventbrite at <https://eventbrite.co.uk/event/15788177865/> First come first served.

In the meantime you may want to consider nominating someone (or a project) for the regional Adult Learners' Week Awards in Health and Social Care 2015. For full details on the awards and how to nominate simply visit- [nw.hee.nhs.uk/alw2015](http://nw.hee.nhs.uk/alw2015) - Nominations close 12 noon on Monday 13 April.

## Notes to the Editor

**Adult Learners Week** is a national adult learning campaign coordinated by the educational charity NIACE. The campaign is delivered across the UK through a number of key partnerships. It is the biggest and longest running learning campaign in Europe.

Adult Learners Week is all about celebrating and recognising the achievements of people and organisations who find the time and energy to learn something new each year and whose stories provide the inspiration to encourage others to give learning a go. Adult Learners Week also fosters and promotes thousands of taster sessions, talks, tours, workshops and “have a go” opportunities for would be learners which demonstrate the power of learning.

For more information see [nw.hee.nhs.uk/alw2015](http://nw.hee.nhs.uk/alw2015)

## Health Education North West

Health Education North West is the Local Education and Training Board (LETB) for the North West of England and part of Health Education England. Supporting the values and principles set out in the NHS Constitution, the mission of Health Education North West is to support the delivery of excellent healthcare and health improvement by providing, delivering and coordinating high quality education and training so that the delivery of services, the patient experience and that of staff and learners will be improved.

See: <http://nw.hee.nhs.uk/about-us/>

## North West Employers

North West Employers is a not for profit membership organisation that works with the forty-one local authorities and their partners in the North West. We exist to serve our members and help them connect and share best practice across sectors, from our networking events and tailored workshops to our peer coaching service, we strongly believe in the value of people, and their capacity to learn and develop. We pride ourselves on being a leading provider of organisational support and development programmes to public sector organisations allowing us to connect great people, ideas and practice to help organisations achieve results.

See: <http://www.nwemployers.org.uk/>

## Voluntary Sector North West

Voluntary Sector North West (VSNW) is the regional voluntary sector network. The purpose of VSNW is to support a connected and influential voluntary and community sector, with a main focus on economy and health. As one of the nine regional networks making up Regional Voices VSNW is one of the Department of Health’s voluntary sector strategic partners. VSNW supports voluntary and community sector organisations in their roles as health and care providers and local support organisations. It does this by capacity building to enable them to have influence and engage with NHS organisations, Health & Wellbeing Boards, local public health organisations as well as with health and social care commissioners and other decision makers.

See: <http://www.vsnw.org.uk/>

## Award nominations will close on Monday 13 April 2015.

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For immediate release

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